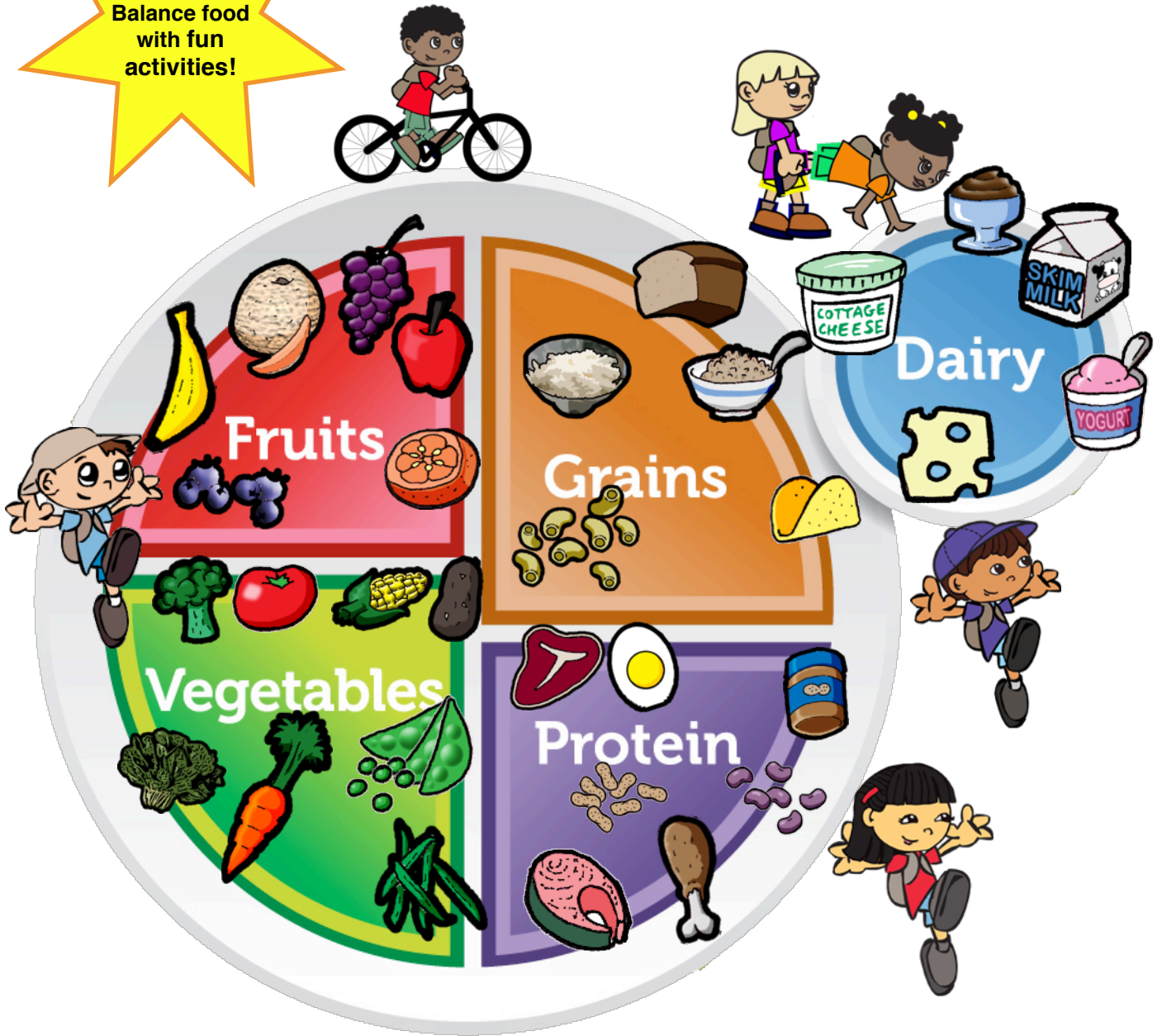


My Plate

BE ACTIVE
Balance food
with fun
activities!



<p>GRAINS Make half your grains whole!</p>	<p>VEGETABLES Eat different colors!</p>	<p>FRUITS Focus on Fruits!</p>	<p>MILK Your bones need calcium!</p>	<p>PROTEIN Go lean!</p>
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Visit www.ChefSolus.com for printable food groups and information worksheets for kids, nutrition education games, Mypyramid puzzles, activities and food pyramid charts!
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